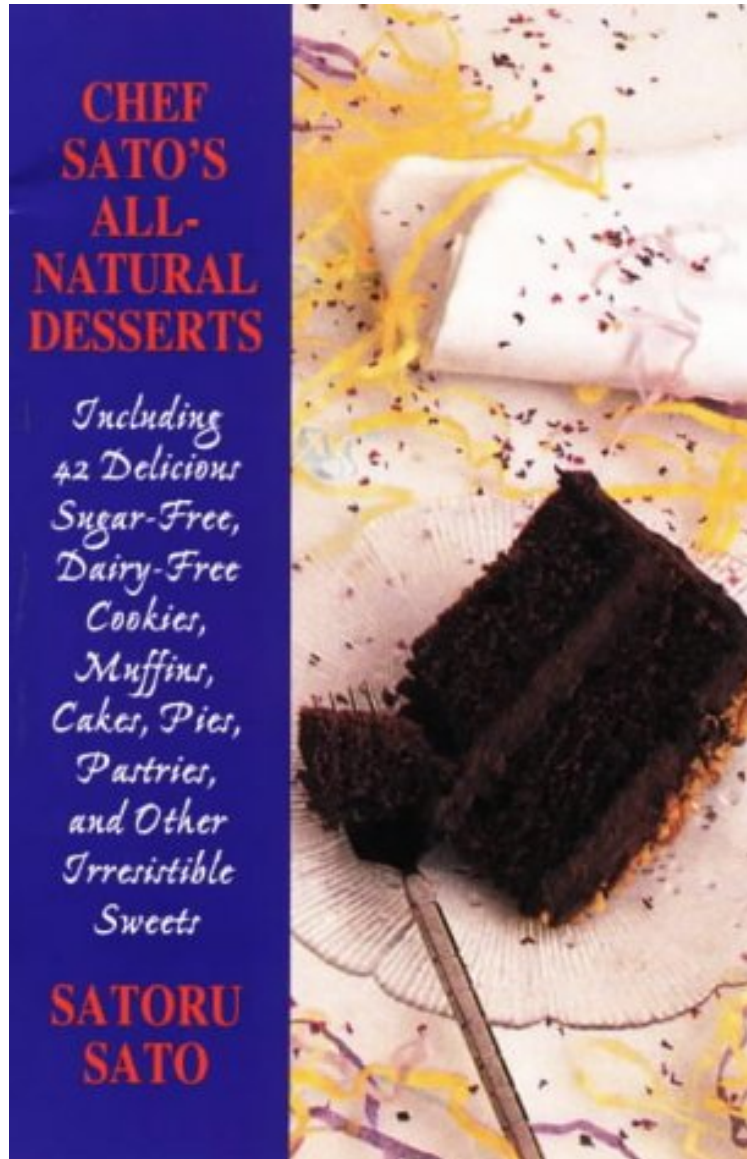


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Chef Sato's Natural Desserts

Sato Saturo, Satoru Sato
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Sato Saturo, Satoru Sato : Chef Sato's Natural Desserts before purchasing it in order to gage whether or not it would be worth my time, and all praised Chef Sato's Natural Desserts:

6 of 6 people found the following review helpful. Good recipes, poor editingBy A CustomerI've made several of the recipes in this book and all were very good. However, the book is poorly edited and instructions are not always clear. For example, the tofu cheese cake recipe does not specify what temperature to set the oven to. And you really do need

a spring-form cake pan for it to turn out properly. The Key Lime Pie recipe was very confusing and I had to throw out the first batch of filling I made. I am not an expert cook but can generally follow recipes without any trouble. Chef Sato should have added a little more explanation and double-checked the recipes to be sure all the vital information was there. Buy this book only if you have time to remake the recipe if it doesn't turn out or are an experienced cook who can read between the lines and figure out what needs to be done. 8 of 9 people found the following review helpful. A very delicious book! By A Customer I am fairly new to the vegan lifestyle, and it was wonderful to find a cookbook with such delicious and easy to make sweets. My non-vegan family even loved them. Perhaps I'll convert them one dessert at a time! The only criticism I have is that some of the cooking times stated are quite long so really watch out that you don't burn whatever you're cooking. 4 of 6 people found the following review helpful. They will never know it's good for them! By A Customer Great book .. with great recipes... make em and watch people eat them up..... But don't tell them they're Vegan and good for them.. They will never know.....

As Aveline Kushi, world famous natural foods cook, attests, Chef Sato's sugar-free and dairy-free sweets are tops. Blending ingredients and methods from East and West, he explains how to make nearly 50 mouth-watering muffins, cookies, cakes, pies, and other pastries at home. These include Apple Raisin Muffins, Walnut Muffins, Blueberry Muffins, Pumpkin Muffins, Almond Cookies, Chocolate Chip Cookies, Carrot Cake, Chocolate Raspberry Cake, Lemon Poppy Seed Cake, Mocha Walnut Cake, Tiramisu, Strawberry Chocolate Cake, Strawberry Short Cake, Tofu Cheese Cake, Boston Cream Pie, Coconut Cream Pie, Key Lime Pie, Squash Pie, Apple Crisp, Biscotti, Chocolate Chip Brownies, Cornbread, Indian Pudding, and Scones.

About the Author Satoru Sato teaches natural foods baking throughout the United States. He is head cook and pastry chef at Bizen Japanese Natural Foods Restaurant in Great Barrington, MA and plays the shakuhachi flute and djembe drum and teaches Aikido.